



# Sexual Assault Awareness, Prevention & Assistance Training for Soldiers, Family Members and Civilians

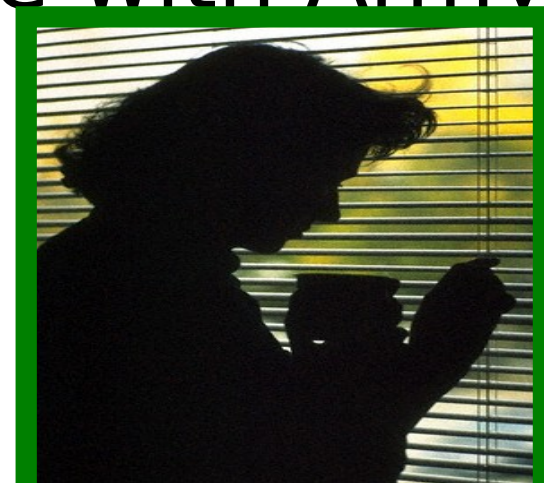
*"Not in our Army"*

# Agenda

- Definitions and types of sexual assault
- Army policy on sexual assault
- Myths vs. reality
- Common themes
- Risk reduction for potential victims
- Risk reduction for potential offenders
- What to do if sexually assaulted
- Potential impact of sexual assault
- Sexual assault is a crime and is incompatible with Army values

# ***What is Sexual Assault?***

- Any actual or attempted sexual touching without consent is sexual assault
- Sexual assault is a criminal offense punishable under UCMJ and civilian law
- Sexual assault is incompatible with Army values
  - Illegal
  - Immoral
  - Dishonorable



# *Types of Sexual*

## ***Sexual touching forced or threatened on one person by another***

- Rape
- Assault with intent to commit rape or sodomy
- Forcible sodomy
- Indecent assault



# *Types of Sexual Assault*

- Rape includes the following:
  - Physical force in an act of forced sexual intercourse without consent
  - Constructive force (use of threats, intimidation or the abuse of authority, which can cause the victim to believe that death or injury would occur if he/she resisted)
  - Date/acquaintance rape (an attack by someone the victim knows)
  - Marital rape (any forcible intercourse by the victim's spouse without consent)

# ***Army Policy on Sexual Assault***

## ***ZERO TOLERANCE***

*Sexual assault is incompatible with:*

- Army standards of professionalism
- Army standards of discipline
- The Warrior Ethos

# ***Sexual Assault is a Crime***

## *Incompatible with Army Values*

- Loyalty
- Duty
- Respect
- Selfless Service
- Honor
- Integrity
- Personal Courage

# Myth vs. Reality

## MYTH

## REALITY

- Women ask to be assaulted by the way they dress

- No one asks to be assaulted, regardless of appearances.

- Men can't be sexually assaulted

- Men can be assaulted regardless of size, strength, appearance or sexual orientation

- The rapist is usually a stranger

- 60% - 80% of rape is date or acquaintance rape



# ***Myth vs. Reality***

## **MYTH**

- Sexual assault is rare and only happens to certain people

- Rapists are usually sexual deviants

- Women often lie about being raped

## **REALITY**

- 1 in 3 women and 1 in 6 men will be sexually assaulted in their lifetime. It can happen to anyone

- Rapists come from all walks of life and cross all demographics

- FBI - The number of false reports for rape is no greater than false reports for other crimes, about 3%

## Common Themes

- Alcohol use/Abuse
- Acquaintance or Co-worker
- Consent is questionable
  - “She didn’t say ‘no’ like she meant it”
  - “She said ‘no,’ but I thought she was kidding...”
  - “She seemed agreeable until she passed out...”
- Both victim and alleged perpetrator are commonly junior in rank and in their 20’s



# *Risk Reduction for Potential*

- How to reduce personal risk of sexual assault:
  - Examine the myths and stereotypes
  - Communicate your limits stating what you will and will not do
  - Trust your instincts and stay alert
  - Avoid drugs and excess alcohol
  - Examine your own behavior and views

# ***Risk Reduction for Potential***

- Remember that you have the right to say “NO” even if:
  - Making out
  - Drinking alcohol
  - Wearing provocative clothing
  - Said yes, but changed your mind
  - Have had sex with this partner before
  - Your partner thinks you have a sexual obligation
  - Your partner may get mad at you

# ***Risk Reduction for Potential***

- Be prepared
  - Plan outings and avoid getting into a bad situation
  - Always have enough money for taxi fare
- Be assertive
  - Share dating expectations up front... what you do and do not want to happen
  - If pressured to have sex, say no firmly and move away
  - If the person does not stop, take appropriate defensive actions to escape or get other's attention and help if possible

# ***Risk Reduction for Potential***

- Be aware and alert to the following problematic signs when the other person:
  - Won't stop when you say no
  - Threatens to hurt you
  - Physically restrains you
  - Uses or threatens to use a weapon
  - Tries to have sex with you when you're too drunk to say no
  - Suggests something bad may happen if you don't give in

# ***Risk Reduction for Potential***

- Be safe
  - If you sense trouble, get to a safe place ASAP
  - Don't drink alcohol or use drugs
  - If you drink alcohol
    - Don't drink excessively
    - Never leave your drink unattended
  - Stay in groups as there is safety in numbers
  - Use caution inviting someone to your home/barracks
  - Use caution going to someone else's home/barracks
  - Keep doors to home/barracks/cars locked. Don't open doors unless you know the person and know the person can be trusted

# ***Risk Reduction for Potential***

- Alcohol and drugs don't mix
- Rohypnol – “Ruffies” and Gamma Hydroxybutarate – “GHB”
  - With alcohol produces sedation, amnesia, memory impairment, and/or unconsciousness
- Use good judgment
  - Don't have sex with someone who is drunk
  - Don't have sex when you are drunk





# ***Risk Reduction***

- But sexual assault involves at least two people...
- What can the other person do to reduce risk?



# ***Risk Reduction for Potential***

- How to reduce personal risk of being charged with sexual assault:
  - Examine the myths and stereotypes
  - Communicate your expectations to a potential partner
  - Avoid drugs and excess alcohol
  - Examine your own behavior and views
  - Ensure a potential partner is of legal age...  
ignorance is not an excuse

# ***Risk Reduction for Potential***

- Be aware that excess alcohol consumption adds a complicating factor to male-female interaction:
  - If someone passes out from alcohol, drugs, or fatigue, they are legally unable to give their consent
  - Her impaired memory of what happened vs. his impaired memory of what happened will likely not be the same
  - If she seemed willing while conscious, but then passed out, that is not consent

# ***Risk Reduction for Potential***

- Remember that everyone has the right to say “NO” even if:
  - Making out
  - Drinking alcohol
  - Wearing provocative clothing
  - Said yes initially, but now says no
  - You’ve had sex with this partner before
  - You think the partner “owes” you

# ***Risk Reduction for Potential***

- Be prepared
  - Avoid getting into a bad situation
- Be assertive
  - Share dating expectations up front
  - If you and your partner do not agree on what to expect, agree to disagree and find another partner
- Be smart
  - Do not have sex with someone if you don't know for a fact they are of legal age
  - Taking unnecessary risks may get you a one way ticket to Ft Leavenworth

# ***Risk Reduction for Potential***

- Be safe
  - Don't drink alcohol or use drugs
  - If you drink
    - Don't drink excessively
    - Never leave your drink unattended
  - Stay in groups as there is safety in numbers
  - Use caution inviting someone to your home/barracks
  - Use caution going to someone else's home/barracks

# ***Risk Reduction for Potential***

# ***Remember:***

**“NO”**

**ALWAYS**

**MEANS**

**“NO!”**

# *Response to Sexual Assault*

But, what if someone is  
sexually assaulted,  
then what ...



## *If Someone You Know is Sexually*

- Treat the victim with compassion
- Do not make judgments about the victim or the alleged offender
- The alleged offender may be subject to court-martial and administrative separation, but leave that to the commander and law enforcement
- Remember that a daughter, sister, or mother is at greater risk, but sexual assault can happen to any man, woman or child



# *Actions to take if Sexually*

- Do Get to a safe place
- Do not shower/clean-up as this could destroy evidence; you may not want to think about this, but it is important to maintain your options
- Seek immediate medical attention
- Report the assault to the military police
- Seek counseling support and Victim Advocacy

# *Where To Get Help*

- Medical Treatment Facility
- Military Police
- Commander/Supervisor/First Sergeant
- Chaplain
- Social Work Services
- Family Advocacy
- Legal Services
- Army One Source

# *Potential Impact of Sexual*

## Short Term

**Disbelief/Denial**

**Terror**

**Isolation**

**Shock**

**Guilt**

**Embarrassment**

**Shame**

**Nightmares**

**Sexually  
Transmitted**

**Disease**

## Long Term

**Depression**

**Fear of Sex**

**Inability to trust**

**Lowered self-  
esteem**

**Increased  
difficulty in close  
relationships**

**Decreased work  
performance**

**Sexually  
Transmitted**

# Prevention of Sexual Assault



## Become part of the solution! Volunteer as a Victim Advocate

## Be aware of your surroundings.

**If you drink, don't drink excessively.**

# Stay with people you know and trust.

# SEXUAL ASSAULT BRIEF

## QUESTIONS?

**On Baumholder Call:**

**SWS: 485-7411 or 06783-66563**

**Call MP: 48507546 or 06783-  
67546**